DELTA DENTAL®

Creating a healthy routine at home

Creating a consistent daily routine is important for the health of adults, children and families.

Set regular wake and bed times.

Sleep is crucial to keep the immune system functioning properly, so make sure kids are getting enough sleep!

Regular brushing and flossing.

Help kids brush their teeth twice each day with fluoridated toothpaste, and floss once each day. Oral hygiene and overall hygiene are important to stay healthy.

Focus on healthy foods.

Help kids eat healthy foods by offering fruit and vegetables as much as possible, daily if your are able. It is a good idea to try to have set meals times and snack times to avoid kids (and adults) snacking all day.

Drink tap water.

Encourage kids to drink water and avoid sugary beverages.

Spend time outside.

Walking is great exercise, but even more importantly, time in nature and sunlight aid in well-being.

Set time limits for screens.

For those children doing school work, schedule in break time to alternate with periods of focus. For younger children, quiet activities like looking at books, playing with modeling clay, building with Legos and coloring can be a much needed break from screens.

The Power of Smile™
Learn more about how your oral health connects to your overall health at:
Blog.DeltaDentalNE.org

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